



TRACY JOHNSON

THAI YOGA
PRIVATE YOGA
INTEGRATED
MASSAGE
HOT STONE
MASSAGE
AROMATHERAPY

THAI YOGA & PRIVATE YOGA SESSIONS

Thai Yoga Therapy is a combination of traditional yoga, Buddhist healing techniques and Ayurveda. It consists of clothed massage techniques and assisted stretching focused on the flow of energy in the body. Private yoga sessions often involve elements of Thai Yoga but include more traditional Yoga poses. While Thai Yoga is a healing practice, Private Sessions are designed to improve your personal yoga practice with individualized instruction in alignment and pose modifications. All sessions are suited to the individual needs and goals of the client.

- Increase range of motion
- Enhance your personal yoga practice
- Ensure proper alignment and technique
- Address personal challenges
- Improve energy flow
- Correct imbalances
- Stimulate your body's own natural healing properties
- Deepen stretch and relaxation

\$25-30 minutes (reg \$40)

\$60-60 minutes

\$80-90 minutes

\$150-3x60 minute sessions

To schedule your session please
contact tracy:

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763-218-3310

www.inspiringactions.com